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Le but de ce document est de mettre en avant les services importants qui sont à la disposition de votre enfant dans les Territoires du Nord-Ouest. Gardez toutefois à l'esprit que les parents sont toujours les meilleurs experts en ce qui concerne leurs enfants. Il est essentiel que la famille soit impliquée dans la supervision des interventions effectuées auprès d'un enfant ayant un TSA. En effet, de nombreuses personnes différentes vont subvenir aux besoins de votre enfant au fil des années, mais la famille, elle, sera toujours là. En tant que parent ou proche aidant, vous apportez une stabilité à votre enfant.

Il est également important de noter qu'en raison de la taille et de la géographie des T.N.-O., le choix de thérapies disponibles sera probablement moins varié que dans des zones plus peuplées. Après avoir échangé avec les prestataires de services locaux, vous découvrirez, parmi les services disponibles, lesquels conviendront le mieux à votre enfant.

Parfois, une décision doit être prise et les familles n'ont ni le temps ni l'énergie de lire tout un livret avant de faire un choix. Il arrive aussi que l'on rencontre un problème singulier, propre à une seule famille. Dans de telles situations, vous pouvez recevoir des informations fiables, rapides et précises en appelant le Conseil pour les personnes handicapées des T.N.-O. au (867) 873-8230 ou 1 (800) 491-8885.

Nous vous conseillons également de visiter le site Web d'Autism Speaks Canada pour accéder à plus de 40 trousse à outils gratuites. Ces trousse à outils traitent de tous les sujets, depuis les 100 premiers jours pour les enfants récemment diagnostiqués à l'emploi pour les adultes avec un TSA. Vous pouvez les retrouver à l'adresse <https://www.autismspeaks.ca/science-services-resources/resources/tool-kits/>

Vue d'ensemble

Services pour les enfants de la naissance à 5 ans

Votre enfant peut recevoir un diagnostic de TSA dès l'âge de 2 ans. Il est important d'obtenir un diagnostic et une intervention précoces afin de parvenir à de meilleurs résultats plus tard dans la vie. Voici quelques structures/sites Web où vous pourrez trouver de l'aide pour votre enfant d'âge préscolaire ayant un TSA (ou pour entamer un processus de diagnostic).

1. **Conseil pour les personnes handicapées des T.N.-O.** (voir page 9). Le Conseil peut vous fournir des informations, vous aiguiller ou vous offrir du soutien. Vous pouvez aussi accéder à d'autres programmes ou services d'aide pour vous ou votre enfant.
2. **Autism Society NWT** (voir page 10). Cette société propose un guide et une trousse à outils pour vous soutenir, vous et votre enfant.
3. **Le Gouvernement des Territoires du Nord-Ouest** propose une grande variété de programmes et services à découvrir. La plupart de ces services sont présentés à partir de la page 10.

Services pour les enfants et les jeunes de 5 à 19 ans

Le gouvernement des T.N.-O. a adopté une politique de scolarisation inclusive pour s'assurer que tous les élèves des T.N.-O., de la prématernelle à la 12e année, aient un accès assuré à des services éducatifs de qualité. Cette politique garantit également que ces services leur seront fournis dans leur propre communauté de résidence, dans des environnements d'apprentissage adaptés à leur âge.

La transition vers l'école maternelle

Il est important que votre enfant ait une relation positive avec son école pour assurer une transition réussie et l'aider à atteindre son plein potentiel. Voici quelques conseils pour effectuer cette transition avec votre enfant

- Demandez à rencontrer le directeur/la directrice de l'école ou le coordinateur/la coordinatrice des services aux élèves de la commission scolaire (en mars de l'année où votre enfant commence l'école)
 - Apportez un exemplaire de toutes les évaluations effectuées avec votre enfant
 - Notez les points forts de votre enfant

- Notez les raisons pour lesquelles votre enfant pourrait avoir besoin d'une attention ou d'une assistance particulière (par exemple, comportement fugueur; sécurité — personnelle, routière, envers autrui; toilette; comportements potentiellement dangereux - compulsions, agressivité, automutilation, etc.)
- Définissez les mesures de soutien dont vous aimeriez discuter avec l'école, telles que:
 - Aide individuelle;
 - Technologie adaptée (tableaux de communication ou PECS, iPads, etc.);
 - Curriculum adapté;
 - Entraînement aux habiletés sociales;
 - Consultation psychologique;
 - Accès à une salle sensorielle;
- Cette rencontre permettra d'élaborer un Plan de soutien à l'élève (PSE) ou un Plan d'enseignement individualisé (PEI). Le PSE aide l'élève à atteindre les objectifs normaux du programme scolaire pour son âge, tandis que le PEI est un plan spécialisé qui répond aux besoins particuliers de l'enfant.

Si vous souhaitez obtenir des informations supplémentaires sur le passage à l'école maternelle, veuillez contacter le Conseil pour les personnes handicapées des T.N.-O. et demander l'accès à leur trousse de ressources « Soar Higher ». Vous pouvez les contacter au (867) 873-8230 ou au 1 (800) 491-8885.

Années 1 à 8

Il est important de jouer un rôle actif dans l'éducation de votre enfant tout au long de sa scolarité.

Voici quelques conseils pour maintenir ce lien:

- Ayez régulièrement des discussions ouvertes et honnêtes avec les enseignants de votre enfant et les autres membres du personnel de soutien. Vous pouvez discuter des objectifs que votre enfant a atteints, des difficultés qu'il rencontre et des stratégies pour les surmonter. En maintenant un contact régulier avec l'école, vous pouvez savoir à tout moment quelles stratégies sont employées pour aider votre enfant. L'école peut également vous aider à apprendre à employer ces stratégies à la maison.
- Communiquez avec le coordinateur ou la coordinatrice des services aux élèves de l'école au moins tous les trois mois.

Vous avez le droit de:

- Demander à l'école de conserver des informations qualitatives et quantitatives sur les résultats de votre enfant et sur la réalisation de ses objectifs (par exemple, combien de fois votre enfant participe activement en classe).
- Demander à l'école de conserver des informations qualitatives et quantitatives sur les résultats de votre enfant et sur la réalisation de ses objectifs (par exemple, combien de fois votre enfant participe activement en classe).
- Remarque : Parfois, les enfants ayant un TSA atteignent rapidement un objectif, mais il se peut qu'à d'autres moments, ils semblent faire moins de progrès. En maintenant un contact régulier avec l'école, vous pouvez faire en sorte que votre enfant ne perde pas ses acquis

Les progrès réalisés par votre enfant seront plus significatifs si vous travaillez en collaboration avec l'école. Si vous employez les mêmes stratégies à l'école et à la maison

- Les compétences acquises seront plus générales. En d'autres termes, votre enfant pourra les utiliser dans différentes situations et avec différentes personnes.
- Les compétences seront également plus généralisées parce qu'elles seront développées différemment à la maison et à l'école
- En enseignant les compétences de façon continue à la maison et à l'école, vous offrirez plus de structure à votre enfant et réduirez son anxiété, car il saura toujours à quoi s'attendre et ce qu'on attend de lui.

La transition vers l'école secondaire (années 8 à 12)

La transition vers l'école secondaire sera similaire à la transition vers la maternelle. Il y aura bien sûr quelques différences :

- Le processus sera davantage guidé par le coordinateur/la coordinatrice des services aux élèves ou le conseiller/la conseillère d'orientation scolaire qui a suivi votre enfant. Comme lorsque votre enfant est entré à la maternelle, c'est l'occasion de discuter de ses points forts, de ses difficultés, des domaines nécessitant une attention particulière et des aides particulières qu'il recevra.
- Les discussions porteront davantage sur les objectifs de vie de votre enfant au cours du secondaire et après l'obtention de son diplôme. Ceux-ci pourront varier, mais pourraient inclure des compétences en lien avec l'enseignement postsecondaire, les aptitudes à la vie quotidienne et à la vie autonome, la formation professionnelle, etc.

- L'une des trois voies suivantes est généralement abordée :
 - Curriculum normal avec adaptations/aménagements
 - Curriculum modifié avec adaptations/aménagements
 - Programme d'éducation individualisé

Vous avez le droit de :

- Prendre contact avec le directeur/la directrice ou le coordinateur/la coordinatrice des services aux élèves de l'école secondaire pour organiser une réunion de transition.
- Examiner et discuter des nouveaux programmes et services clés dont votre enfant pourrait bénéficier pendant ses études secondaires. Ces programmes et services s'ajouteront à ceux auxquels il a déjà eu accès à l'école élémentaire :
 - Compétences de vie — l'apprentissage des compétences nécessaires à la vie quotidienne (par exemple, l'hygiène personnelle, les compétences sociales, la cuisine et la planification, les déplacements en ville, etc.)
 - Formation professionnelle - généralement proposée au cours des dernières années de l'école secondaire, elle peut inclure une expérience de travail, des cours sur les métiers, les carrières et la technologie, ainsi que le programme School to Work (de l'école au monde professionnel) (proposé par l'association Inclusion NWT).
 - Clubs/groupes d'étudiants — Les écoles secondaires des
 - N.-O. proposent des groupes et des clubs qui pourraient intéresser votre enfant. Ceux-ci peuvent l'aider à développer ses aptitudes sociales et à nouer de nouvelles amitiés.

La transition vers l'âge adulte

La transition vers l'âge adulte sera tout aussi importante à gérer que la transition vers l'école maternelle et le secondaire. Vous et votre enfant devrez envisager et planifier de nombreux aspects différents de la vie. Ces plans d'avenir peuvent inclure :

- Éducation postsecondaire — les programmes tels que les aides à l'apprentissage pour les personnes handicapées, l'aide financière aux étudiants et les programmes de transition professionnelle doivent tous être pris en considération. Ceux-ci sont abordés plus en détail dans les listes de programmes et de services qui suivent.

- **Emploi** — si votre enfant d'âge adulte souhaite trouver un emploi, il existe plusieurs programmes qui peuvent l'aider à se préparer à travailler, à trouver un emploi et qui peuvent l'accompagner dans cet emploi. Ceux-ci seront également abordés plus en détail dans les listes de programmes et de services qui suivent.
- *Soutien au quotidien* – en fonction des besoins des individus des jeunes adultes, il existe des programmes qui peuvent les aider à vivre le manière indépendante ou avec différents niveaux de soutien. Il peut s'agir de soins à domicile, de services d'aide à la vie autonome et de soins de longue durée. Ceux-ci sont également décrits plus en détail dans la liste des programmes et service qui suivent.

Les prestataires de services

Aides générales

Certains services destinés aux enfants ayant un TSA aux T.N.-O. sont sans frais, d'autres sont payants. Les paragraphes suivants donnent des renseignements concernant les divers ministères, organismes à but non lucratif et praticiens privés qui proposent des services aux enfants autistes des T.N.-O.

Conseil pour les personnes handicapées des T.N.-O.

Bureau 116, 5102 50th Avenue, Yellowknife, NT, X1A 3S8

(867) 873-8230 ou sans frais : 1 (800) 491-8885

À propos de ce service: Le Conseil offre un soutien à toute personne handicapée des Territoires du Nord-Ouest, au sein de chaque communauté.

Équipe de coordination de l'information, de l'aiguillage et du soutien:

- Fournit des renseignements sur les situations de handicap et les services associés disponibles aux T.N.-O.
- Met les clients en relation avec les services existants.
- Aide les clients à faire leur demande auprès de programmes liés au handicap comme le Programme de prestations d'invalidité du RPC, un régime privé d'assurance-invalidité de longue durée, le soutien du revenu et les aides à l'apprentissage pour les personnes handicapées.
- Assister à des réunions ou à des appels liés à des questions de handicap en tant que tierce partie neutre ou représentant, si nécessaire.
- Écrire des lettres de soutien.
- Trouver des programmes auxquels vous pourriez être admissible et vous aiguiller, si nécessaire.

Téléphone : 1 (800) 491-8885 ou (867) 873-8230

Courriel: info@nwtcd.net

Site web: <https://www.nwtcd.net/information-referral-and-support>

Comité pour les personnes handicapées de Hay River

Téléphone: (867) 875-4448

Courriel: hrcpd@northwestel.net

Autism Society NWT

5204 54th St., Yellowknife, NT, X1A 1W8

(867) 446-0985

president@nwtautismsociety.org

À propos de ce service : Autism Society NWT s'engage à fournir aux proches aidants les outils dont ils ont besoin pour soutenir au mieux les personnes ayant un TSA de leur communauté.

Le guide Naviguer dans l'autisme tout au long de la vie : Cette trousse à outils donne la possibilité aux proches aidants de mener une réflexion sur la personne qu'ils soutiennent et d'adapter les ressources fournies à ses besoins. Parmi les ressources offertes dans cette trousse à outils, on retrouve des informations générales sur les TSA et les fugues associées, ainsi que sur la création d'un plan de prévention d'urgence.

La trousse à outils pour les proches aidants: plan d'urgence et de prévention de l'errance de l'autisme : Cette ressource est destinée aux parents, proches aidants et autres parties impliquées qui souhaitent en savoir plus sur les types de soutien offerts aux personnes ayant un TSA tout au long de leur vie dans les Territoires du Nord-Ouest. La mission d'Autism Society NWT est de faire en sorte que toutes les personnes ayant un TSA puissent exploiter pleinement leur potentiel et bénéficier d'un accès universel aux services dont elles ont besoin.

Gouvernement des Territoires du Nord-Ouest

C.P. 1320, Yellowknife, NT, X1A 2L9

Téléphone: (867) 767-9000

Programme de soutien à l'inclusion et à la participation des enfants: « Le Programme de soutien à l'inclusion et à la participation des enfants (SCIP) est un programme de financement pour faciliter l'accès et la participation à des programmes de qualité pour la petite enfance destinée aux enfants vulnérables, à risque et/ou ayant des besoins spéciaux en matière de développement.

Grâce à un système annuel fondé sur les propositions, le programme SCIP contribue à fournir aux enfants le soutien nécessaire pour réussir dans les programmes communautaires et participer à des activités motivantes et adaptées à leur développement, tout en leur donnant un sentiment d'être utiles et de s'engager. Ce financement est destiné aux centres de garde d'enfants agréés, aux gouvernements et organisations autochtones, aux organisations à but non lucratif et aux programmes communautaires de la petite enfance non agréés. »

Téléphone: (867) 767-9354

Site web: <https://www.gov.nt.ca/covid-19/en/services/financial-support/licensed-child-care-support>

Inventaire des programmes et des services pour les personnes handicapées :

L'inventaire contient une liste de programmes et services offerts aux personnes handicapées et à leurs proches aidants par le biais des ministères et organismes du GTNO, ainsi que de nos partenaires. Il s'agit d'un outil destiné à aider les personnes handicapées et leurs proches aidants à utiliser au mieux les services de soutien disponibles dans les T.N.-O.

Site web: www.hss.gov.nt.ca/sites/www.hss.gov.nt.ca/files/resources/gnwt-disabilities-inventory.pdf

Intervenant pivot des services sociaux et de santé: L'intervenant ou l'intervenante est là pour répondre à vos questions et à vos préoccupations lorsque vous accédez aux services offerts par le système des services sociaux et de santé. L'intervenant ou l'intervenante peut vous aider à :

- Apaiser vos préoccupations;
- Collecter des informations relatives aux services sociaux et de santé de tout le territoire;
- Entrer en contact avec vos prestataires de services sociaux et de santé;
- Trouver les formulaires les plus couramment demandés.

Téléphone: 1 (855) 846-9601

Courriel: HSS_Navigator@gov.nt.ca

Guichets uniques : Ils sont situés dans 22 communautés des T.N.-O. et constituent un « guichet unique » pour les services du gouvernement des Territoires du Nord-Ouest. Les agents des services gouvernementaux peuvent vous aider à remplir des formulaires et des demandes, à accéder aux programmes et aux services dont vous avez besoin, et vous aiguiller. Des visites à domicile sont effectuées régulièrement auprès des aînés, certains agents sont des commissaires à l'assermentation ou des notaires publics, et d'autres peuvent offrir des services dans une langue autochtone.

Coordonnées : Les guichets uniques au sein de votre communauté (voir le site Web ci-dessous ou l'Annexe C pour contacter les services de votre communauté).

Site Web: <https://www.eia.gov.nt.ca/fr/priorities/guichets-uniques>

Commission des droits de la personne des T.N.-O. : « La Commission des droits de la personne des T.N.-O. fournit des services d'éducation et des informations, et traite les plaintes pour discrimination en matière d'emploi, de location et de services publics.

Une personne est dite victime de discrimination lorsqu'elle est traitée négativement ou lorsqu'elle se voit refuser une opportunité en raison de sa race, de sa couleur, de son ascendance, de son lieu d'origine, de son âge, de sa situation matrimoniale ou familiale, de son handicap, de sa religion, de son sexe, de sa grossesse, de son orientation sexuelle, de son identité de genre ou de ses conditions sociales. » (www.hss.gov.nt.ca/sites/www.hss.gov.nt.ca/files/resources/gnwt-disabilities-inventory.pdf)

Téléphone: (867) 669-5575 ou 1 (888) 669-5575

Adresse: Rez-de-chaussée, 5003 49th St., Yellowknife, NT

Site Web: <https://nwthumanrights.ca/>

Association Inclusion NWT

Bâtiment Abe Miller, 4912 53rd Street, Yellowknife, NT, X1A 1V2

À propos de ce service: Inclusion NWT vient en aide aux personnes ayant des déficiences intellectuelles et d'autres handicaps, ainsi que leurs familles, tout au long de leur vie. Nous sommes là pour les aider à vivre des vies riches et à être actifs dans tous les aspects de la vie communautaire.

Family Project: Propose des services pour répondre aux besoins des personnes et des familles qui soutiennent un membre de leur famille handicapé. Cela comprend la fourniture de ressources documentaires et l'organisation de séances d'information pour les parents par le biais d'un groupe de réseau familial. Inclusion NWT fournit également une assistance individuelle aux familles et les aide à défendre leurs droits lorsqu'elles rencontrent des difficultés ou ont besoin d'aide dans certains aspects de leur vie.

Téléphone: (867) 920-2644

Courriel: inclusion@inclusionnwt.ca

Site web: <https://inclusionnwt.ca/services/>

Centre d'alphabétisation : Ce centre offre des cours d'alphabétisation quotidiens le matin et des activités de sensibilisation à l'alphabétisation l'après-midi pour les familles, les aînés et les adultes. Ces services sont accessibles aux personnes handicapées ou non.

Téléphone: (867) 920-2644

Site web: <https://inclusionnwt.ca/services/>

FASD Library: Fetal Alcohol Spectrum Disorder (FASD) is a term that describes a broad range of physical and intellectual disabilities, including brain injury. Materials from the FASD Library are available for loan, free of charge, throughout the NWT.

Phone: (867) 920-2644

Email: fasd@inclusionnwt.ca

Website: <https://inclusionnwt.ca/services/>

Living and Learning with FASD Project: The Living and Learning with FASD Project provides support for families with children who are affected by FASD, and to youth and women at risk of drinking alcohol during pregnancy. This includes family support, workshops and presentations.

Website: <https://inclusionnwt.ca/services/>

Respite Services: Respite services provide safe, individualized and flexible short-break relief for families supporting people with disabilities in Yellowknife, Ndilo and Dettah as well as offering individuals with disabilities opportunities for activities in their community. Trained respite workers are assigned to an individual and family and will provide support both within the home and out in the community. The service is available to those with any disability and to both children and adults who are living in the family home.

Phone: (867) 873-3560

Email: inclusion@inclusionnwt.ca

Website: <https://inclusionnwt.ca/services/>

YWCA NWT

4904 54th Ave., Yellowknife, NT, X1A 1H7

Box 1679, Yellowknife, NT, X1A 2P3 (Mailing address)

Phone: (867) 920-2777

Email: giving@ywcanwt.ca

Website: <https://www.ywcanwt.ca/family-centre>

Mission: To create a safe Northern society for women and families to reach their full potential.

Family Centre – Parent Support: The YWCA Family Centre offers parents support to address the challenges of parenting in an isolated community and parenting children with unique social, emotional, and physical needs.

Family Centre – Toy Lending Library: This amazing FREE resource allows families to borrow toys, books and games for free! Keep the borrowed items for 2 weeks and we'll send you a reminder email when you need to return them. At this time, the Family Centre is closed but you can still get toys from the lending library!

Family Centre – Drop-in: YWCA NWT Family Centre is for children up to age 5. We focus on mental and physical wellness for every family. Our program is intended to serve families and parents in need of a space to engage with their children through play and learning. We go on fun community outings and provide two snacks daily.

For all these programs please see contact information above.

Education Supports

Government of the Northwest Territories

Inclusive Schooling: “The Ministerial Directive on Inclusive Schooling (2016) applies to all JK-12 school in the NWT. Inclusive schooling ensures that all students have access to quality education and are supported to learn in age-appropriate common learning environments in their home community.

Inclusive schooling supports and promotes learning for all students by effectively meeting their diverse needs in a way that is responsible, accepting, respectful, and supportive. By providing sufficient levels, inclusive schooling ensures progress toward appropriate personal, social, emotional, and academic goals.

Inclusive Schooling is characterized by collaboration. It encourages active involvement of parents, students (where appropriate), health professionals, and communities to meet the individual needs of students.

Contact your child’s teacher, program support teacher, administration staff or school board for more information.”

<https://www.hss.gov.nt.ca/en/services/services-persons-disabilities>

Inclusive Schooling/Student Support Coordinator
Department of Education, Culture, and Employment
Phone: (867) 767-9353 Ext. 71262

Website: <https://www.ece.gov.nt.ca/en/services/k-12-education-and-curriculum/inclusive-schooling-and-student-support>

Recreation and Camp Programming

NWT Disabilities Council

Experience Summer Program: The Experience Summer program provides the opportunity for children, 4-12 years of age who have a disability/disabilities, to attend a summer recreation program. The programs strives to provide two weeks, through the summer, of full day camp attendance for each child. Children participating will be offered support by qualified and trained support workers. Ratios of one support worker to one child, or one support worker to two children will be provided depending on the specific needs of each child. This allows children to actively participate in a summer day camp, of their choice, with their peers. The Program creates lasting friendships and memories.

Phone: 1-800-491-8885 or (867) 873-8230

Email: rsp@nwtcdc.net

Website: <https://www.nwtcdc.net/experience-summer>

Recreation and Community Programs

Inclusion NWT

Play and Learn: The group is for families who have a child 0 -17 years old affected by FASD. It is intended to strengthen families and support parents to care for their children at home in their own communities, where children grow and thrive.

Phone: (867) 766-4295

Email: fasd@inclusionnwt.ca

Website: <https://inclusionnwt.ca/services/>

YaY Fusion!: YaY Fusion! is a free social group for youth aged 13 to 18, with and without development disabilities. The youth meet monthly to engage in and have fun in 'in house' and community outing activities. The aim is for youth to make friends and build connections in a safe and inclusive environment.

Phone: (867) 920-2644

Email: inclusion3@inclusionnwt.ca

Website: <https://inclusionnwt.ca/services/>

Special Olympics NWT

Box 1691, Yellowknife, NT, X1A 2P3

Phone: (867) 446-2873

About: Special Olympics is a dedicated to providing sports training and competition for people with an intellectual disability.

Active Start and FUNdamentals: This program is a family centred activity program designed to help children aged 3-11 with an intellectual disability develop basic motor skills and sport skills through fun and positive movement experiences. The program promotes opportunities to develop physical fitness, demonstrate courage, experience joy, enhance skills and create friendships.

Phone: (867) 446-2873

Email: lynn@sonwt.ca

Website: <https://www.specialolympics.ca/northwest-territories>

Stay Healthy at Home: Special Olympics NWT is currently providing 10-15 minute home workouts. You can find the workouts at top of their webpage by clicking the "Staying Healthy at Home" (drop down options) or the home page. For the Active start and FUNdamentals program, fun workouts will be posted every Friday.

Phone: (867) 446-2873

Email: lynn@sonwt.ca

Website: <https://www.specialolympics.ca/northwest-territories>

Services for Older Youth and/or Adults with ASD

NWT Disabilities Council

Learning Supports for Persons with Disabilities: The Fund helps NWT residents with disabilities achieve their learning goals. Individuals or organizations may apply for funding. Proposals must show that the funding requested will help to overcome barriers to learning.

Applicants:

- Must have a disability
- Be involved in a learning activity
- Show their commitment to achieving stated education, employment or personal goals
- Be 18 years of age or older and out of High School
- Be an NWT resident and unable to receive funding for training elsewhere

Supports can include:

- Assessment and counselling
- Assistive devices, aids and technology
- Books, tools and equipment
- Assisted learning
- Tutoring
- Tuition
- Transportation
- Living Expenses

Phone: 1 (800) 491-8885 or (867) 873-8230

Email: info@nwtcdc.net

Website: <https://www.nwtcdc.net/learning-supports>

Inclusive Garden: We offer plots to members of the community, with priority going to persons living with a disability. Plots and soil are provided free of cost, patrons are required to organize their own transportation to the garden and supply their own seeds, although a small selection of assorted seeds will be provided on planting day.

Phone: 1 (800) 491-8885 or (867) 873-8230

Email: director@nwtcdc.net

Website: <https://www.nwtcdc.net/inclusive-garden>

Inclusion NWT

The School to Work Program: The School to Work Program offers a 24-week-long school-to-work transition initiative in partnership with local high schools which provides employment experience for students with disabilities in grades 11 and 12. Job coaches help with work placements and, for grade 12 students, all work is paid at no less than minimum wage.

Phone: (867) 920-2644

Email: inclusion@inclusionnwt.ca

Website: <https://inclusionnwt.ca/services/>

Skills Training & Community Inclusion: ST&CI provides employment and life, social and literacy skills and community activities for adults with an intellectual/developmental disability.

Phone: (867) 920-2644

Email: STCImanager@inclusionnwt.ca

Website: <https://inclusionnwt.ca/services/>

Employment Services: Provides employment services for any individual who self-identifies with any disability. Services range from basics like building a resume through to on-site job coaching support and everything in between.

Phone: (867) 920-2644

Website: <https://inclusionnwt.ca/services/>

EmployABILITY & Employment Support: EmployABILITY strives to connect employers with workers who happen to have a disability. A full range of employment services is provided to individuals with any self-identified disability. Services include assessment, assistance with accessing training and education, resume writing, job search skills, interviewing skills, career development assistance and job coaching.

Phone: (867) 873-3560

Email: employability@inclusionnwt.ca

Website: <https://inclusionnwt.ca/services/>

YES! (Youth Empowerment Services): YES! supports young people with disabilities who have finished high school and/or post-secondary training who may be under-engaged in employment and volunteer work. The goal is to get young people (generally up to age 35) out of the house and more engaged in the community and labour market.

Phone: (867) 920-2644

Email: STCImanager@inclusionnwt.ca

Website: <https://inclusionnwt.ca/services/>

Ready, Willing and Able: Ready, Willing and Able (RWA) is a national partnership of Inclusion Canada (formerly the Canadian Association for Community Living), the Canadian Autism Spectrum Disorders Alliance (CASDA) and their member organizations. Funded by the Government of Canada and active in 20 communities across the country, RWA is designed to increase the labour force participation of people with an intellectual disability or Autism Spectrum Disorder (ASD).

Phone: (867) 920-2644

Email: employability@inclusionnwt.ca

Website: <https://inclusionnwt.ca/services/>

The Odd Job Squad: The Odd Job Squad seeks to assist under-employed individuals who self-identify with a disability to derive a small income from one-time or short-term work while they search for permanent employment. Staff look to connect with employers and households that may offer casual or temporary employment at or above \$15/hour.

Phone: (867) 445-6967

Website: <https://inclusionnwt.ca/services/>

Young Adults Group: The Young Adults Group is a free social group for people aged from 19 to 30 with or without developmental disabilities.

Phone: (867) 920-2644

Email: inclusion3@inclusionnwt.ca

Website: <https://inclusionnwt.ca/services/>

Government of the Northwest Territories

Early Childhood Program – Early Childhood Development: The Early Childhood Program supports early learning and child care programs for children 0-11 years of age under the Child Day Care Act. Early learning and child care programs are delivered in a variety of settings in the NWT including, child day care centres and family day homes. These can be in the form of full and part time early childhood education programs, preschools, nursery schools and after school/out-of-school programs. These programs provide play-based exploratory environments that support children’s development and where required, enable parents to access employment or training opportunities.

Location: Education, Culture and Employment, Early Childhood and School Services, P.O. Box 1320, Yellowknife, NT, X1A 2L9

Phone: (867) 767-9354

Website: <https://www.ece.gov.nt.ca/en/services/early-childhood-development/early-childhood-program>

NWT Community Counselling Program: The program provides access to mental health services in all NWT regions. This service is free. Counsellors are available in person in 19 communities and via phone, fly-in in-person counselling and through telehealth. To find a counsellor in your area please visit: <https://www.hss.gov.nt.ca/en/contact/community-counsellor>

Rehabilitation Services offered through the GNWT

Speech Language Pathology: Speech-Language Pathology (SLP) is a rehabilitation services that provides speech and language therapy to people with communication disorders. Speech Language Pathologists provide a full range of SLP services, including the identification, evaluation, diagnosis, treatment, and management of speech delay, language development and communication disorders. (See next page for location and contact information).

Location: Stanton Medical Centre, 419 Byrne Road, Yellowknife, NT X1A 2N1

Phone: (867) 767-9299

Email: sth_rehab@gov.nt.ca

Website: <https://www.nthssa.ca/en/services/rehabilitation-services/speech-language-pathology>

Occupational Therapy: Occupational Therapists are therapists that help to solve problems that are interfering with an individual's ability to do daily activities or occupations that are important to them. These problems may be the result of an injury, disease, developmental delays, congenital disabilities, or environment.

Location: Centre Square Tower, 2nd Floor, 5022 – 49th Street, P.O. Box 10, Yellowknife, NT, X1A 2N1

Phone: (867) 669-4340

Email: sth_rehab@gov.nt.ca

Website: <https://www.nthssa.ca/en/services/rehabilitation-services/occupational-therapy>

Occupational Therapy (Pediatrics):

Location: Stanton Medical Centre, 419 Byrne Rd., Yellowknife, NT X1A 2N1

Phone: (867) 767-9299

Email: sth_rehab@gov.nt.ca

Website: <https://www.nthssa.ca/en/services/rehabilitation-services/occupational-therapy>

Audiology: An audiologist assesses hearing loss, balance and other related disorders. They also make recommendations for treatment.

Location: Stanton Medical Centre, 419 Byrne Road, Yellowknife, NT X1A 2N1 or Inuvik Regional Hospital, 285 MacKenzie Rd., Inuvik, NT X0E 0T0

Phone: (867) 669-3130 (Stanton) or 1-867-777-8000 (Inuvik)

Email: sth_rehab@gov.nt.ca

Website: <https://www.nthssa.ca/en/services/rehabilitation-services/audiology>

Transportation Services

NWT Disabilities Council

Yellowknife Accessible Transit System (YATS): Provides accessible door to accessible door bus service for people who are unable to ride the regular city bus as a result of a disability. The cost is \$3.00 per ride. If a rider requires an attendant, there is no charge for the attendant.

Phone: 1 (800) 491-8885 or (867) 873-8230

Email: info@nwtcd.net

Website: <https://www.nwtcd.net/yats-accessible-transit-system>

National Resources

Below there is a list of national resources for ASD.

Autism and/or Intellectual Disability Knowledge Exchange Network (AIDE) Canada

- AIDE Canada offers information, tools, and resources about autism and intellectual disabilities across the lifespan.

Website: www.aidecanada.ca/

Autism Community Training

- Autism Community Training provides information and training to enable parents, professionals and para-professionals to support children and adults with ASD.

Website: <https://www.actcommunity.ca/about-us>

Autism Junction

- An online tool to search for services for people with ASD.

Website: www.autismjunction.ca/

Autism Speaks Canada

- A site that provides information on ASD science, services and resources in Canada.

Website: www.autismspeaks.ca/

Canadian-American Research Consortium

- ASD-CARC is a group of researchers from institutions and laboratories across Canada and the United States, working with other researchers globally on topics surrounding ASD.

Website: www.autismresearch.ca/

Canadian Autism Spectrum Disorders Alliance (CASDA)

- Implementing a comprehensive National ASD Strategy that addresses critical gaps in funding and policies

Website: www.casda.ca/

Geneva Centre for Autism

- This centre is based in Toronto. On their website there are online training modules and certificate training for people working with individuals with ASD as well as a funding information, current research, and much more.

Website: <https://www.autism.net/>

National Autism Center

- An American center that provides resources for families, educators and practitioners.

Website: www.nationalautismcenter.org/

National Autism Surveillance System

- The National Autism Surveillance System (NASS) reports on the prevalence of ASD in Canada. Their first report was released in April 2018

Website: www.canada.ca/en/public-health/services/diseases/autism-spectrum-disorder-asd/surveillance-autism-spectrum-disorder-asd.html

Funding Assistance

Federal Government Funding and Financial Aid

This is not an exhaustive list. It is possible to receive benefits through other avenues as well. Check the Government of Canada's Benefit finder to see if you or your family qualify for any other benefits or services.

Website: www.canadabenefits.gc.ca/f.1.2c.6.3z.1rdq.5.2st.3.4ns@.jsp?lang=en

Child Disability Benefit

This benefit is a tax-free benefit up to \$2730 per year for families who care for a child who is under 18 with a severe and prolonged impairment. The Canada Revenue Agency will determine if your child is eligible for the Child Disability Benefit from Form T2201, Disability Credit Certificate. This is the same form that is used to determine eligibility for the Disability Tax Credit. For more information, check the Government of Canada's website.

Website: www.canada.ca/en/revenue-agency/services/child-family-benefits/child-disability-benefit.html

Deductions or Credits on Income Tax

There are various tax deductions that can be claimed for people with disabilities or people caring for those with disabilities. They are outlined and explained in detail on the Government of Canada's website. For Line 215 of your tax return use form T929 to calculate the amount for deduction.

Website: <https://www.canada.ca/en/revenue-agency/services/tax/individuals/topics/about-your-tax-return/tax-return/completing-a-tax-return/deductions-credits-expenses/line-21500-disability-supports-deduction.html>

Disability Tax Credit

This tax credit is intended to help people with disabilities or caregivers of those with disabilities to reduce the amount of income tax that they may have to pay. To benefit from this tax credit you must have Form T2201, Disability Credit Certificate filled out and approved by the Canada Revenue Agency. Part B of this form must be completed by a medical practitioner

To find out the maximum disability credit, check the Government of Canada's website as this number changes annually.

Website: <https://www.canada.ca/en/revenue-agency/services/tax/individuals/segments/tax-credits-deductions-persons-disabilities/disability-tax-credit.html>

Canada Caregiver Credit

If you are caring for a spouse, common-law partner, or dependent with a physical or mental impairment you may be able to receive this credit. Support means that you need to regularly and consistently provide this person with some or all of the basic life necessities – e.g. food, shelter and clothing.

Website: <https://www.canada.ca/en/revenue-agency/services/tax/individuals/topics/about-your-tax-return/tax-return/completing-a-tax-return/deductions-credits-expenses/canada-caregiver-amount.html>

Canada Workers Benefit

This benefit is a refundable tax credit that provides tax relief for eligible low-income individuals and families. There is a disability supplement for those who have an approved Disability Tax Credit Certificate.

Website: <https://www.canada.ca/en/revenue-agency/services/child-family-benefits/canada-workers-benefit.html>

Jordan's Principle

Jordan's Principle aims to ensure all First Nations children are able to access health, social and educational services. Under Jordan's Principle, private diagnosis and treatment may be covered. Services covered under Jordan's Principle include, but are not limited to, respite care, speech therapy, schooling supports, medical equipment and mental health services.

Contact within Canada

For more information, including how to access Jordan's Principle or submit a request visit <https://www.sac-isc.gc.ca/eng/1568396042341/1568396159824>

Phone: 1 (855) 572-4453 (available 24 hours a day, 7 days a week)

Contact within the NWT

Phone: 1 (866) 848-5846

Email: sac.principedejordanrn-nrjordanprinciple.isc@canada.ca

It is recommended that you prepare the following prior to making contact:

- your child's name and birthday
- proof your child is eligible (First Nations or Inuit)
- a description of their needs
- what product or service they need
- what you think the cost will be
- how often the support is going to be needed

Non-Insured Health Benefits (NIHB) Program

This program provides coverage to registered First Nations and Inuit for medically necessary items and services that are not covered by other plans and programs including: dental care, eye and vision care, medical supplies and equipment, drugs and pharmacy products, mental health counselling and medical transportation. To find out more about how to receive coverage use the contact information below.

Website: <https://www.canada.ca/en/indigenous-services-canada.html>

Phone: 1 (888) 332-9222

Location: 2720 Riverside Dr., Ottawa, ON, K1A 0K9

Post-Secondary Student Financial Assistance -Territorial

Students with Permanent Disabilities can apply for financial assistance for a study grant and/or a grant for services and equipment. The study grant assists with costs such as tuition, books, travel and accommodation. The services and equipment grant helps with costs related to tutoring, interpreting, a reader, transportation, attendant care, special equipment and a one-time medical assessment.

Website: Access the Student Financial Assistance Handbook at <https://www.ece.gov.nt.ca/en/services/student-financial-assistance/program-information>

Phone: 1 (867) 767-9355 or 1 (800) 661-0793

Email: nwtsfa@gov.nt.ca

Private Insurance

If you choose to get treatment or support through a private service provider, your extended health insurance may cover some of the cost. Contact your provider directly to ask about coverage.

Some people choose to get insurance to help with these expenses. There are many health insurance providers. Three of the more common ones are listed below.

Great-West Life

Phone: 1 (800) 957-9777

Website: www.greatwestlife.com

Manulife

Phone: 1 (888) 790-4387

Website: www.manulife.ca

Sun Life

Phone: 1 (877) 786-5433

Website: www.sunlife.ca

NWT Health Care Insurance Plan

If you are a permanent NWT resident, you probably already have a health care card. However, if you are new to the territory you may have to apply for a health care card.

You are eligible for NWT health care coverage if you:

- Are lawfully entitled to be or remain in Canada; and
- Make your home in and are ordinarily present in the NWT (present in the NWT at least 153 days each calendar year).

To apply for NWT health care coverage visit

<https://www.hss.gov.nt.ca/en/services/applying-health-care>

Contact: 1 (867) 777-7400 or 1 (800) 661-0830

Email: healthcarecard@gov.nt.ca

NWT Medical Treatment Travel

“Medical Travel is a service provided by the Government of the Northwest Territories to eligible persons in the NWT who must travel in order to access necessary and appropriate insured health services. To be eligible for this benefit, travel must originate in the NWT and service must not be available within the resident’s home community. Furthermore, the medical referral from the resident’s home community must be to the nearest insured centre that offers the required treatment.... Regardless of what type of benefit program patients access, all medical travel originates from clinical decisions within the NWT health system.”

<https://www.nthssa.ca/en/services/medical-travel>

All arrangements can either be made by Medical Travel or clients can choose to make their own arrangements for later reimbursement. This only extends to individuals who do not have similar coverage through an employer-sponsored or 3rd party insurance program.

Contact: Please refer to website below for contact in your community.

Website: <https://www.nthssa.ca/en/services/medical-travel>

Extended Health Benefits for Specified Disease Conditions Program

Provides non-Aboriginal and Métis residents of the NWT with specified disease conditions with some benefits not covered by hospital and medical care insurance. Autism Spectrum Disorder is not a condition covered by this program but it may be worth exploring if your child has other health conditions.

Phone: 1 (800) 661-0830 or (867) 777-7400

Email: healthcarecard@gov.nt.ca

Website: <https://www.hss.gov.nt.ca/en/services/applying-extended-health-benefits-specified-disease-conditions-program>

Appendix A:

NWT Indigenous Government Contact Information

If you or the person you are caring for with ASD is a citizen of a NWT First Nation, there may be other supports or services available. Contact your First Nation for more information.

Akaiicho Dene First Nations

Mail: P.O. Box 1768, Yellowknife, NT, X1A 2P3

Phone: (867) 394-3313

Akaiicho Territory Government

Mail: General Delivery, Fort Resolution, NT, X0E 0M0

Phone: (867) 394-3313

Decho First Nations

Mail: P.O. Box 89, Fort Simpson, NT, X0E 0N0

Phone: (867) 695-2355

Gwich'in Tribal Council

Mail: P.O. Box 1509, Inuvik, NT, X0E 0T0

Phone: (867) 777-7900

Inuvialuit Regional Corporation

Mail: Bag Service 21, Inuvik, NT, X0E 0T0

Phone: (867) 777-7000

Northern Territory Métis Nation

Mail: P.O. Box 720, Fort Smith, NT, X0E 0P0

Phone: (867) 872-2770

Sahtu Secretariat Incorporated

Mail: P.O. Box 155, Déljñę, NT, X1A 0G0

Phone: (867) 589-4719

Tłı̄cho Government

Mail: P.O. Box 412, Behchokò, NT, X0E 0Y0

Phone: (867) 392-6381 ext. 1302

Community Governments

Acho Dene Koe First Nation

Mail: General Delivery, Fort Liard, NT, X0G A0A

Phone: (867) 770-4571 Ext. 265

Déljı̄ne Got'ı̄ne Government

Mail: P.O. Box 156, Déljı̄ne, NT, X1A 0G0

Phone: (867) 589-8100

Kát'odeeche First Nation

Mail: P.O. Box 3060, Hay River, NT, X0E 1G4

Phone: (867) 874-6701

Salt River First Nation

Mail: P.O. Box 960, Fort Smith, NT, X0E 0P0

Phone: (867) 872-2986

Appendix B: **Community Nursing Services Contact Information**

Aklavik

Phone: 867-978-2516

Fax: 867-978-2160

Address: 2 Airport Road, P.O. Box 114, Aklavik, NT X0E 0A0

Behchokò

Phone: 867-392-6075

Fax: 867-392-6612

Address: Bag #5, Behchokò, NT X0E 0Y0

Colville Lake

Phone: 867-709-2409

Fax: 867-709-2504

Address: General Delivery, Colville Lake, NT X0E 1L0

Déliné

Phone: 867-589-5555

Fax: 867-589-5570

Address: General Delivery, Déliné, NT X0E 0G0

Fort Good Hope

Phone: 867-598-3333

Fax: 867-598-2605

Address: P.O. Box 9, Fort Good Hope, NT X0E 0H0

Fort Liard

Phone: 867-770-4301

Fax: 867-770-3235

Address: General Delivery, Fort Liard, NT X0G 0A0

Fort McPherson

Phone: 867-952-2586

Fax: 867-952-2620

Address: P.O. Box 56, Fort McPherson, NT X0E 0J0

Fort Providence

Phone: 867-699-4311

Fax: 867-699-3811

Address: P.O. Box 260, Fort Providence, NT X0E 0L0

Fort Resolution

Phone: 867-394-4511

Fax: 867-394-3117

Address: P.O. Box 1997, Fort Resolution, NT X0E 0M0

Fort Simpson

Phone: 867-695-7000

Fax: 867-695-7017

Address: P.O. Box 246, Fort Simpson, NT X0E 0N0

Fort Smith

Medical Clinic

Phone: 867-872-6205

Fax: 867-872-6260

Address: P.O. Box 1080, Fort Smith, NT X0E 0P0

Health Centre (Public Health)

Phone: 867-872-6203

Fax: 867-872-6251

Address: 41 Breynt Street, P.O. Box 1080, Fort Smith, NT X0E 0P0

Gamètì

Phone: 867-997-3141

Fax: 867-997-3045

Address: General Delivery, Gamètì, NT X0E 1R0

Hay River

Regional Health Centre

Phone: 867-874-8000

Fax: 867-874-8016

Address: 37911 MacKenzie Highway, Hay River, NT X0E 0R6

Medical Clinic

Phone: 867-874-8100

Fax: 867-874-8099

Address: 37911 MacKenzie Highway, Hay River, NT X0E 0R6

Inuvik

Inuvik Regional Hospital

Phone: 867-777-8000

Fax: 867-777-8054

Address: Bag Service #2, 285 MacKenzie Rd, Inuvik, NT X0E 0T0

Public Health

Phone: 867-777-7246

Fax: 867-777-8054

Address: 106 Veterans Way (1st Floor)

Jean Marie River

Phone: 867-809-2900

Fax: 867-809-2902

Address: General Delivery, Jean Marie River, NT X0E 0N0

Łutselk'e

Phone: 867-370-3115

Fax: 867-370-3022

Address: P.O. Box 56, Łutselk'e, NT X0E 1A0

Nahanni Butte

Phone: 867-602-2203

Fax: 867-602-2021

Address: General Delivery, Nahanni Butte, NT X0E 0N0

Norman Wells

Phone: 867-587-3333

Fax: 867-587-2934

Address: 26 Woodland Avenue, P.O. Box 340, Norman Wells, NT, X0E 0V0

Paulatuk

Phone: 867-580-3231

Fax: 867-580-3300

Address: General Delivery, Paulatuk, NT X0E 1N0

Sachs Harbour

Phone: 867-690-4181

Fax: 867-690-3802

Address: General Delivery, Sachs Harbour, NT X0E 0Z0

Sambaa K'e

Phone: 867-206-2838

Fax: 867-206-2024

Address: General Delivery, Sambaa K'e, NT X0E 1Z0

Tsiigehtchic

Phone: 867-953-3361

Fax: 867-953-3408

Address: General Delivery, Tsiigehtchic, NT X0E 0B0

Tuktoyaktuk

Phone: 867-977-2321

Fax: 867-977-2535

Address: Bag 1000, Tuktoyaktuk, NT X0E 1C0

Tulita

Phone: 867-588-3333

Fax: 867-588-3000

Address: P.O. Box 145, Tulita, NT X0E 0K0

Ulukhaktok

Phone: 867-396-3111

Fax: 867-396-3221

Address: P.O. Box 160, Ulukhaktok, NT X0E 0S0

Wekweètì

Phone: 867-713-2904

Fax: 867-713-2903

Address: General Delivery, Wekweètì, NT X0E 1W0

Whatì

Phone: 867-573-3261

Fax: 867-573-3701

Address: General Delivery, Whatì, NT X0E 1P0

Wrigley

Phone: 867-587-3441

Fax: 867-581-3200

Address: General Delivery, Wrigley, NT X0E 1E0

Yellowknife

Stanton Ambulatory Care Centre (previously called Stanton Medical Clinic)

Phone: 867-669-4122

Fax: 867-920-4139

Address: 1st Floor, 550 Byrne Rd, Yellowknife, NT X1A 2N1

Audiology Clinic

Phone: 867-669-3130

Fax: 867-669-4128

Address: 550 Byrne Rd, Yellowknife, NT X1A 2N1

Eye Clinic

Phone: 867-873-3577

Fax: 867-920-7992

Address: 4916 47 St, Yellowknife, NT X1A 1L8

Frame Lake Community Health Clinic

Phone: 867-767-9125

Fax: 867-920-2210

Address: 312 Old Airport Rd, Yellowknife, NT X1A 3T3

Public Health

Phone: 867-767-9120

Fax: 867-873-0158

Address: 4702 Franklin Ave, Yellowknife, NT X1A 1N2

Stanton Medical Centre

Phone: 867-669-3100

Fax: 867-920-4271

Address: 419 Byrne Rd, Yellowknife, NT X1A 2N1

Stanton Territorial Hospital

Phone: 867-669-4111

Fax: 867-669-4128

Address: 550 Byrne Rd, Yellowknife, NT X1A 2N1

Yellowknife Primary Care Centre

Phone: 867-920-7777

Fax: 867-920-7711

Address: 4915 48 St, Yellowknife, NT X1A 1N2

Appendix C:

Government Service Officers

Aklavik	(867) 978-2285
Behchokò	(867) 392-6046
Colville Lake	(867) 709-2047
Déljñę	(867) 589-4910
Fort Providence	(867) 699-3149
Fort Good Hope	(867) 598-2179
Fort Liard	(867) 770-2277
Fort McPherson	(867) 952-2060
Fort Resolution	(867) 394-3017
Gamètí	(867) 997-3106
Jean Marie River	(867) 809-2077
Kátł'odeeche	(867) 874-6306
Łutselk'e	(867) 370-3386
Nahanni Butte	(867) 602-2046
Paulatuk	(867) 580-3068
Sachs Harbour	(867) 690-3812
Tsiigehtchic	(867) 953-3726
Tuktoyaktuk	(867) 977-2097
Tulita	(867) 588-3002
Ulukhaktok	(867) 396-3084
Wekweètí	(867) 713-2600
Whatì	(867) 573-3256

Appendix D:

NWT Services and Resources

NWT Disabilities Council

Suite 116, 5102 50th Avenue, Yellowknife, NT, X1A 3S8
(867) 873-8230 or toll free: 1-(800)-491-8885
info@nwtcdc.net
<https://www.nwtcdc.net/>

Autism Society NWT

5204 54th St., Yellowknife, NT, X1A 1W8
(867) 446-0985
president@nwtautismsociety.org
<https://www.nwtautismsociety.org/>

Government of the Northwest Territories

P.O. Box 1320, Yellowknife, NT, X1A 2L9
Switchboard: (867) 767-9000
<https://www.gov.nt.ca/>

Inclusion NWT

Abe Miller Building, 4912 53rd Street, Yellowknife, NT, X1A 1V2
<https://inclusionnwt.ca/>

Special Olympics NWT

Box 1691, Yellowknife, NT, X1A 2P3
(867) 446-2873
<https://www.specialolympics.ca/northwest-territories>

YWCA NWT

4904 54th Ave., Yellowknife, NT, X1A 1H7
Box 1679, Yellowknife, NT, X1A 2P3 (Mailing address)
Phone: (867) 920-2777
giving@ywcanwt.ca
<https://www.ywcanwt.ca/family-centre>

Appendix E:

Professionals on the Therapy and Diagnostic Team

Different professionals play different roles in both the diagnosis and therapy process for people with ASD. The following section outlines who the professionals are, what they do and what you should ask them.

Board-Certified Behaviour Analyst (BCBA): A behaviour analyst observes and assesses behaviour and identifies its causes. A treatment plan is written, and evidence-based therapy is provided. Behaviour is often tracked with graphs and charts, and parents are given suggestions about how to modify the child's environment in order to promote positive behaviour change.

For more information about behaviour analysts, visit: www.bacb.com/

Community Nurse: If you live in a smaller community within the NWT you may not have frequent access to a general practitioner. In this case you may visit the closest nursing station. They will be able to direct you to the services you should access. You should bring all your concerns to them, and it is recommended that you even write them down so you remember.

Depending on your child's age and the community, you or your child may be able to access services within your community, or you may have to travel to Yellowknife or even outside of the NWT.

Developmental Therapist: looks at children's play, behaviour, social and emotional development. They provide support to families regarding parenting issues and child development.

Diagnostic Coordinator: In a diagnostic process within or outside of the NWT you or your child may be assigned a diagnostic coordinator. While this person may not actually perform diagnostic assessments they are a point of a contact for families and an organizational coordinator of the different components of the assessment. They will be able to answer any questions you may have about the diagnostic process and potentially be able to link your child to services as a part of their therapy.

General Practitioner: A general practitioner is also commonly called a family doctor. General practitioners are usually the first point of contact for patients when there is a concern. If you are not sure where to go with your health concerns they are a good place to start. Even while they may not be able to provide you with a diagnosis or support needed, they are able to provide you with a referral or support in accessing services that will. It is important to bring all of your concerns to them, and it is recommended that you even write them down so you do not forget.

Occupational Therapist (also commonly called an OT): provides care and therapy to help to solve problems that interfere with everyday life. They help to promote skills for independent living. They also provide supports surrounding sensory integration (anything to do with the senses and balance perception). Occupational Therapists also help children with fine motor skills delays. Any concerns about behaviours that affect everyday life of you or your child should be brought to your OT (ex. teaching a child to tolerate teeth brushing or to brush their teeth independently).

For more information on what to expect visit:
www.autismontario.com/node/484

Pediatrician: A pediatrician is a doctor that specializes in childhood health and wellness. For your child to see a pediatrician in the NWT you will need a referral from a general practitioner. It is recommended that you bring all concerns to the pediatrician. They may be able to help you directly or refer you to another specialist or a team that will be able to address the concerns with your child.

Psychiatrist: A psychiatrist is a medical doctor that specializes in psychological diagnoses. They are able to provide assessments and therapy but also prescribe medications. It is important to bring any concerning behaviours, mental development or emotion to your psychiatrist.

Psychologist: A psychologist studies the human mind, emotions and behaviour. If you or your child is seeing a psychologist for either an assessment or therapy it is important to inform them of any behaviours that you are concerned about. In terms of a diagnosis they will perform cognitive assessments and play based assessments.

Physiotherapist: A physiotherapist (also called a PT) specializes in physical movements. They can help to address a person's behaviours or illnesses that may affect their ability to perform functional activities in their daily lives. They may be a part of a diagnosis team or you or your child's therapy. Be sure to tell them if you have any concerns with your child's movement.

Social Worker: A social worker may be helpful throughout the lifespan of an individual with ASD. They can help by providing a variety of services not limited to: information regarding diagnosis and treatment, explaining the diagnosis and treatment processes to family members and working with a person with ASD on relationships, social skills and transitions.

For more information on what to expect visit:

www.autismontario.com/node/497

Speech Language Pathologist: A speech language pathologist (SLP) specializes in evaluation, diagnosis and treatment of communication disorders. ASD can affect speech, language development, and social communication. They also can help with eating and swallowing issues.

An SLP may be a crucial player in diagnosis and therapy. In a diagnosis the SLP may evaluate language delay and social language use. Any language-related or communication related concerns should be brought to your SLP.

For more information on what to expect visit:

www.autismontario.com/node/496

Appendix F:

Glossary of Important Terms

Echolalia: Echolalia is the repetition of words, phrases, intonation, or sounds of the speech of others. Children with ASD often display echolalia in the process of learning to talk. *Immediate echolalia* is the exact repetition of someone else’s speech, immediately or soon after the child hears it. *Delayed echolalia* may occur several minutes, hours, days, or even weeks or years after the original speech was heard. Echolalia is sometimes referred to as “movie talk” because the child can remember and repeat chunks of speech like repeating a movie script. Echolalia was once thought to be non-functional, but is now understood to often serve a communicative or regulatory purpose for the child.

Executive functioning: Executive functioning is a broad term that refers to the cognitive processes that help us regulate, control and manage our thoughts and actions. It includes planning, working memory, attention, problem solving, verbal reasoning, inhibition, cognitive flexibility, initiation of actions and monitoring of actions.

Language delay: A language delay occurs when a child’s language is developing slower than other children of the same age, but it is following the typical pattern of development. For example, a child may be 4 years of age, but understanding and/or using language typical of a child who may be only 2.5 years of age. A child may have a receptive language (understanding of language) delay or an expressive language (use of language) delay. Language development can be affected by the complex interaction of genetic and environmental influences.

Nonverbal communication: Nonverbal behaviors are those things people do to convey or exchange information or express emotions without the use of words. These include eye gaze (looking at the face of others to check and see what they are looking at and to signal interest in interacting), facial expressions (movements of the face used to express emotion and to communicate with others nonverbally), body postures (movements and positioning of the body in relation to others), and gestures (hand and head movements to signal, such as a give, reach, wave, point, or head shake). In the first year of life, children learn to coordinate nonverbal behaviors to regulate social interaction so that they can use their eyes, face, body, and hands together to interact. At the same time, children learn to read or understand the nonverbal behaviors of others.

For example, they learn to follow gaze and look where someone else is looking, understand if others show with their face or tone of their voice that they are happy, sad, or angry, or look at what someone is pointing at. Before learning to talk, children can take turns with nonverbal behaviors in back-and-forth interactions.

Rigidity/Repetitive Behaviours and Interests: Repetitive behaviors and restricted interests are common in children with ASD. Children with ASD may appear to have odd or unusual behaviors such as a very strong interest in a particular kind of object (e.g., lint, people's hair) or parts of objects, or certain activities. They may have repetitive and unusual movements with their body or with objects, or repetitive thoughts about specific, unusual topics.

Screening vs. diagnosis: The Field Epidemiology Manual describes the difference between diagnostic and screening tests as: Screening tests are offered to asymptomatic people who may or may not have early disease or disease precursors and test results are used to guide whether or not a diagnostic test should be offered. Diagnostic tests are offered to people who have a specific indication of possible illness (a history, symptom, sign or positive screening test result) to determine whether or not they have the disease in question.

Self-stimulation (stimming): Self-stimulating behaviors or "stimming" are stereotyped or repetitive movements or posturing of the body. They include mannerisms of the hands (such as handflapping, finger wiggling or flicking, rubbing, or wringing hands), body (such as rocking, swaying, or pacing), and odd posturing (such as posturing of the fingers, hands, or arms). Sometimes they involve objects such as tossing string in the air or twisting pieces of lint. These mannerisms may appear not to have any meaning or function, although they may have significance for the child, such as providing sensory stimulation (also referred to as self-stimulating behavior), communicating to avoid demands, or request a desired object or attention, or soothing when wary or anxious. These repetitive mannerisms are common in children with ASD.

Sensory Processing Disorder (SPD): SPD is a condition where the brain and nervous system have trouble processing or integrating stimulus. SPD is a condition in which sensory input either from the environment or one's body is poorly detected or interpreted and/or to which atypical responses are observed.

For a child with SPD, processing the feelings of hot or cold, tired, hungry, lights and sound can be challenging or overwhelming. SPD can show up as an either an over or lesser response to stimulation.

- **Hypersensitivity:** Over reactivity to sensory input is abnormal sensitivity or hyperresponsiveness. This is the state of feeling overwhelmed by what most people would consider common or ordinary stimuli of sound, sight, taste, touch, or smell. Many children with ASD are over reactive to ordinary sensory input and may exhibit sensory defensiveness - a strong negative response to their overload, such as screaming at the sound of a telephone.
- **Hyposensitivity:** Under reactivity to sensory input is one aspect of abnormal insensitivity to sensory input, or hypo-responsiveness, in which a child does not respond to sensory stimulation. A child who appears as if deaf, but whose hearing has tested as normal, is under reactive. A child who is under reactive to sensory input may have a high tolerance to pain, may be clumsy, sensation-seeking, and may act aggressively.

Social Communication: Social interaction is the use of nonverbal or verbal behavior to engage in interaction with people. This can involve eye gaze, speech, gestures, and facial expressions used to initiate and respond to interactions with others.

This document is updated yearly.

If you have any suggestions for edits or would like to suggest new information, please email yukonhub@aidecanada.ca.

This material is designed for information purposes only.

It should not be used in place of medical advice, instruction and/or therapy.

If you have specific questions, please contact your doctor or appropriate health care professional.

This document was produced through the collaboration between AIDE Canada (Autism and/or Intellectual Disability Knowledge Exchange Network), Autism Yukon, and NWT Disabilities Council.

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